

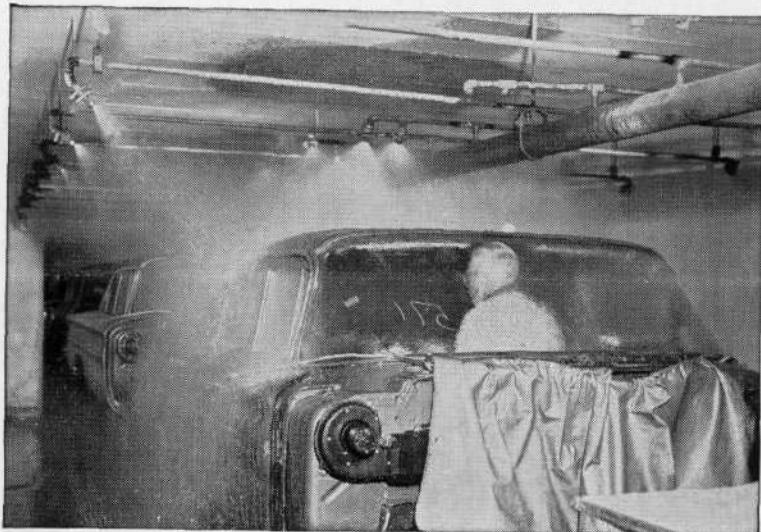
Oshawa General Hospital
School of Nursing

1960

THE PULSE



Even the carpeting for GM cars undergoes rigorous abrasion testing before final purchase. In similar ways all materials are carefully tried and tested before they are selected for use in GM cars.



On the assembly line the completed car body passes slowly through the water booth to ensure that all openings are correctly sealed. This is just one of the hundreds of quality control inspections on the line.



Detailed examination of the finished GM car at the end of the assembly line guarantees the highest quality in every aspect. Right down the line, from start to finish, quality always gets top priority.

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At General Motors quality is a constant concern, never an afterthought! At every stage of production—from the initial selection of the materials that are purchased from thousands of Canadian suppliers to the final inspection of the finished car leaving the assembly line at Oshawa—quality gets top priority.

Top-quality research and design, top-quality materials and top-quality workmanship are the essential elements of General Motors excellence—the foundation of our success with millions of Canadians. And rigorous “quality control” ensures that this excellence is maintained right down the line.

Throughout the General Motors plants in Canada every effort is made to achieve the highest standards of quality—the standards that guarantee you the extra values you expect when you buy General Motors.

**GENERAL MOTORS
OF CANADA**

QUALITY CARS FOR CANADIANS

Dedicated to
OUR PARENTS



A Message From The Director Of Nursing

OUR SCHOOL OF NURSING has stood for fifty years as an institution offering a wealth of opportunity and experience. We pay tribute to the pioneer nurses and members of the community, who have toiled patiently, with vision, broad understanding of human needs and high ideals, to establish a school where nurses could be prepared to proudly take their places in the profession. They recognized that education, culture and a desire to be useful, are pre-requisites for nursing. Thus the foundation was laid for building our Alma Mater to its present standards of education and service.

Our profession is described as a science and an art. As a science it demands accuracy and sound knowledge of fundamental subjects. Skills and techniques, of which we did not dream a few years ago, are now essential. As an art, it calls for great human qualities of heart and hand, mind and spirit. It requires conscientiousness, sympathetic understanding and infinite patience.

As graduate nurses and senior students we have a magnificent role to play in supporting the younger nurses. There is a natural tendency to follow the footpaths worn by those who have gone before us. The inevitable changes in nursing bring new adjustments, new attitudes and new demands. It is essential that we establish our integrity, brighten our vision, widen our intelligence and deepen our loyalty in shaping the affairs of nursing. This is our challenge in order that we may continue to stand for those high principles of service which have been passed down to us through half a century. May the Light Never Fail.

MRS. MARY TELFORD
DIRECTOR OF NURSING



A Message from the Superintendent

On behalf of the Staff and Board of Directors, I would like to congratulate the Students on the completion of this their first Year Book.

The recruitment of Student Nurses is a never ending process and this publication should certainly assist in maintaining interest in our School of Nursing.

During 1960, the Oshawa General Hospital will also be celebrating its 50th Anniversary and your Year Book will help honor this occasion.

We are proud of our School of Nursing and the calibre of students graduated, and I would like to take this opportunity of congratulating the students on a job well done.

W. A. HOLLAND
Superintendent



Year Book Staff

EDITOR	<i>Mary Guernsey</i>
ADVERTISING MANAGER	<i>Audrey Vail</i>
ASSISTANT	<i>Sheila Manuel</i>
PHOTOGRAPHY	<i>Norma Dyke</i>
REPORTERS	
Class 1960	<i>Barbara Turpin</i>
1961	<i>Judith Innes</i>
1962	<i>Jane Wozny</i>
ART	<i>Jane Patton</i> <i>Dianne Spencer</i>
SECRETARY	<i>Maureen Coulter</i>
TREASURER	<i>Maureen Martin</i>
SALES PROMOTER	<i>Dorothy Hooper</i>
STAFF ADVISORS	<i>Miss G. Hill</i> <i>Miss M. Lenfesty</i>



*To Meet,
To Love
And Then To Part.*

WHAT WORDS COULD BE MORE FITTING to express our feelings as we end our three years as student nurses and venture into the world that lies before us. The love that binds us is a patriotism to our classmates, our hospital, and to our school of nursing, and is indeed a true and everlasting friendship.

I trust that "The Pulse" will help to keep the memories of these friends, and of our hospital everlasting throughout the years. Without the help of many, this book would not have been possible and to everyone who helped in even the smallest way, I am deeply grateful. May I extend my personal appreciation to all those on the executive staff, to *Miss Hill*, and to *Miss Lenfesty* who were our staff advisers, to the Medical Staff for their very generous donation, to the nursing staff for their interest and encouragement and to the merchants of the city of Oshawa for their advertisements. We hope that we have succeeded in making this, our first edition of "The Pulse" worthy of your support.

MARY GUERNSEY
EDITOR



STUDENT COUNCIL

OFFICERS:

PRESIDENT: - - - *Bonnie Jean Long*
VICE-PRESIDENT: - - *Audrey Vail*
SECRETARY: - - - *Peggy Leveridge*
TREASURER: - - - *Anne Barnett*

SOME OF THE ACTIVITIES of the Council during the past year are as follows:

A corn roast was held September 10th as a get-together for the three classes.

A big sister plan was adopted and a reception was held for them on September 22nd.

A Hallowe'en Party was held on October 29th, and it was during this party that some of the initiation activities were carried out.

On December 11th a dance called the Snowball Frolic was held, and this proved to be a great success.

Council also had a Spring and Senior dance.

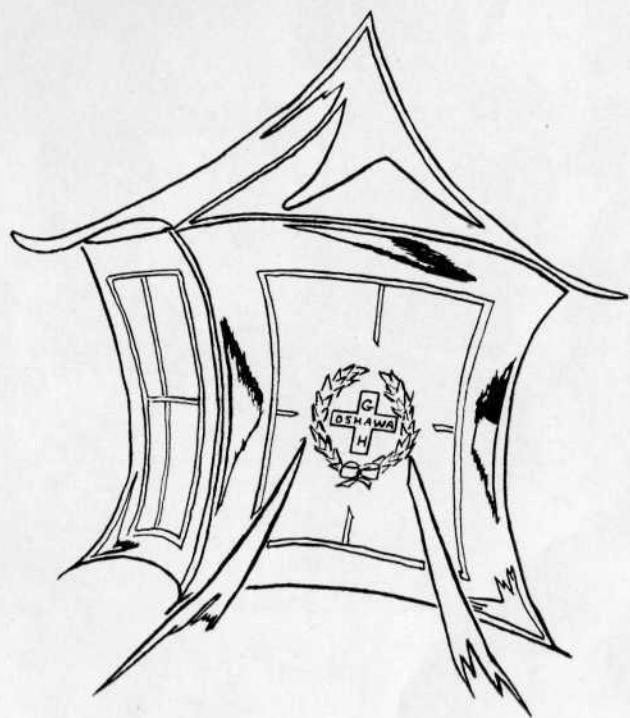
One of our larger projects was the Tea and Bazaar Sale held on September 24th.

The largest project has been the Year Book which was commenced on September 15th. The Year Book committee itself had many fund raising projects.

Council has also sent two students to the Canadian Nurse's Association Convention in Halifax, and two student nurses to the Registered Nurses Association Convention in Toronto.

These were some of the activities of Council during the past year.

BONNIE LONG,
PRESIDENT



~~ LITERARY ~~

Social News

ON SEPTEMBER 10, 1959, a corn roast was held in honour of the class of '59. This was our last get-together with the graduating class and a good time was had by all.

The Annual Tea and Bazaar sponsored by the Student Nurses' Association of the Oshawa General Hospital was held on Monday, September 28th. This was a great success both financially and socially.

Initiation in October

THIS YEAR the Junior Students appeared in very "charming costumes" and put on quite a show for the Intermediate and Senior students. I am sure the Oshawa public also enjoyed the clowning as they paraded down the main street singing and shining shoes. Thanks "kids" for your cooperation. You were great sports!

Christmas Dance

THE SNOWFLAKE FROLIC was held on December 11th in the Recreation Room of McLaughlin Hall. Our thanks to the Decorating Committee for doing such a wonderful job. Bryce Brown's Orchestra provided extremely good music and Santa gave everyone a lovely Christmas gift.

Following the Dance, a party was held at the home of Miss Bonnie Long and we all had a wonderful time.

Spring Dance

THE ANNUAL SPRING DANCE was held on February 26 and although many were unable to attend due to poor weather conditions, all who attended had an enjoyable evening. Our thanks to Miss Hill who helped to make the Dance party a success.

All those who attended the party at *Donna Chamberlain's* following the dance had such a good time that no one wanted to go home.

Graduation

ON THURSDAY EVENING, May 19th, the Intermediate Class held a tea in honour of the Graduating Class. At this time, each member of the class of 1960 was presented with a silver teaspoon bearing the hospital crest, a doll dressed in a nurse's uniform, and a lovely corsage. Thank you members of the Class of 1961 for your thoughtfulness, and for getting our Graduation festivities off to such a fine start.

The following Tuesday, the Women's Hospital Auxiliary invited the graduating class to a luncheon at the Guild Inn and we would like to extend our appreciation to all the ladies of the Auxilliary at this time. We all had a wonderful afternoon.

On the evening of Friday, May 27th, the graduating class were the guests of the Oshawa General Hospital Alumnae Association at their annual dinner and dance. Needless to say, this is a night none of us will ever forget. Following the dance, a party was held at the home of *Donna Chamberlain* and from there we proceeded to *Maureen Coulter's* home in Lindsay for a breakfast party. Some were guests of *Dr. and Mrs. Beatty* for a party at their home on the same evening.

The Baccalaureate Service was held the following Sunday evening at the First Baptist Church and the graduating class looked very happy and proud in their new white uniforms and of course, their black bands. Graduating nurses and friends were guests of the Women's Hospital Auxilliary in McLaughlin Hall following the service.

On the next Tuesday the Graduating Class were guests of the Head Nurse Staff at an afternoon tea which was held in McLaughlin Hall. Everyone looked lovely in their new dresses and the corsages were most becoming on our "Mothers". Our thanks to the head nurses for a lovely afternoon and for all their help during the past three years.

The same evening the class of 1960 entertained their fathers at a banquet at the Flying Dutchman Motel, Bowmanville. We had a delicious supper, lots of singing and laughing together and in all, a night to be remembered.

Wednesday, we had a progressive supper at the homes of *Edna Jones*, *Diane Spencer*, *Diane Ivanoff*, and *Marg Canning*. The girls went to a lot of trouble to give us a wonderful meal and everyone certainly enjoyed it.

Friday night — June 3rd, 1960. A night we shall never forget. For three years we have worked together with one aim to Graduate. Friday night June 3rd. was that night. We had finally reached our goal. Can we ever forget how proud and happy we were when we received our pins and our diplomas.

Our thanks to all who were responsible for making this a night to remember forever.

DONNA CHAMBERLAIN,
SOCIAL REPORTER.

This and That!

SPECIAL THANKS TO—

DR. McILVEEN

DR. DOHERTY

DR. WM. GRANT

DR. JOHNSON

DR. SPRAGGE

DR. HALAM-ANDRES

for our good health.

—Also MRS. "DOCTOR" BLACKLER

CLASS OF '62

(Tune: "We'll have these moments to remember")

We are the class of '62

We carry bedpans, yes we do

We'll have these moments to remember.

As three years pass in white and blue

We'll never forget our old black shoes

We'll have these moments to remember.

As first year turns to second

Intermediates we will be

As Whitby, Weston, Toronto call

With new sights to see.

In senior year with friendship true

We'll all try hard to uphold our school

We'll have these moments to remember.

As black bands come, our gold pins too

And Graduation day is through,

We'll have these moments to remember.

MISS HILL, Director of Education here,
Has an office in the school so she can be near,
She spends lots of time for us, we know,
Planning our schedules and where we'll go,
She taught us Anatomy and Communicable Disease,
And she watches us if we happen to sneeze,
She arranges for interviews and examinations too,
And all the tests we have to go through,
To make our classes interesting and clear
She provides for field trips far and near
When you consider it, she does quite a lot,
We really owe her considerable thought.

From the kitchen comes MISS KNOX
To teach us cooking and give us talks,
She talks of foods and how they act,
We really need to know this fact.
It helps in treatment of disease
And how to lose weight, if you please.
She tells us of vitamins and minerals too
Of the six main foodstuffs needed by you.
If you heed what she says, you will have good health
An asset more important than wealth.

And so in closing we would like to pay
Respects to a teacher with much to say.

Our MISS LENFESTY is an instructress rare
She wears her hair short for easier care,
She teaches us Surgery, Nursing Arts and Drugs
And has no patience with lazy lugs.

Also she teaches us in First Aid
But wouldn't let us near her if she were paid.
She tells us that she has excessive weight
And she talks of a diet she'll never take.

On Thursday nights to Gym we go

With MISS LENFESTY held in tow.

In sports however, she says she is no good

But she hits a volleyball the way she should.

When on the other team she plays

We must make sure that's where she stays.

If you have a problem, take it to her

She'll try to help you, that's for sure.

Though she's lots of fun, she sometimes gets mad
And a better teacher we've never had.

Among the staff is MRS. PEDDLE,
She has three children she has to settle.
She spend lots of time preparing lessons we've heard
We certainly appreciate it, you can be assured.
Now she has taught us in subjects three
The best way to bandage head, arm or knee
The way to nurse patients treated with medicine
And how back in history women just nursed their kin.
When she has a cold her voice gets soft and low
Still she lulls us to sleep in the very back row.
Aside from all joking we should like to say
MRS. PEDDLE has been a big help on the way.

Among our teachers is "wee" MISS SHEETS
She demonstrates while we sit in our seats;
How to keep good health she gives us clues
And shows us the effects of pointed-toe shoes.
One time she showed us how not to stand
With toes pointed in and hips under hands.
We must learn of diseases which hide and lurk
So we visited people who do Public Health work.

Also we remember MISS TERWILLEGAR and MISS BEAR

They helped with our teaching, a mighty fine pair.
In Nursing Arts and Bandaging too
They helped show us all what we should do.

MISS BEAR on Second Floor and MISS TER-WILLEGAR on Third
Of the work they both did we are sure you have heard.

Next year on to University they'll go
And we know they'll both make a really good show.

Class Song 1960

(TUNE OF "HALLS OF MONTAZOMA")

In the class of 1960, we have spent three years of life,
We have always stuck together, through happiness and strife;
From black shoes on to white shoes and on to our blue band
We have bowed and scraped to graduate, our aim is our black band.
We entered here in innocence, to sooth the fevered brow,
But as probies dear we did our year, and you should see us now!
Sick Kids, Whitby and Weston; they were next in line for us,
From diapers wet to dry packs and then tuberculus.

We packed our bags, and back we trod, to O.G.H.'s call.
There were enemas and pericares and patients in the hall,
In the children's ward we served our time, with the HUNTER on our trail
Through dirty SHEETS we PEDDLED on, we'll never make a HILL.

Through the doors of Alexander House, then to McLaughlin Hall
Marched the dreaded fearless thirty-three—they were sure the place would fall
Playing dirty tricks and making noise, they were our specialties,
Though JANE and MARG had tried and failed, to be our referees.

So as we leave our alma mater with many memories there
May we all recall those great three years from our homes no matter where.

REMEMBER WHEN!

- We took over First Floor — some will never forget.
- The Probie gave an unnecessary complete bath.
- The nurse flushed the bedpan without closing the door.
- The nurse inserted the inverted catheter.
- The nurse in the R.R. wasted 25 Demerol at once.
- The nurse sterilized the bedpan in the dish sterilizer.
- The screen fell from third floor and ! ! !
- ? ? ? fell through the residence window.
- The nurse gave castor oil to a patient who had it the night before.
- We heard nothing but the music from South Pacific.
- An engagement caused a less pleasant engagement.
- Two girls were held captive by the night watchman.
- 5:30 a.m. in Lindsay.
- We believed the fortune teller.
- The sign was posted — “Elevator Broken” — Sick Kid’s.
- The nurse had the priest give last rites to the wrong patient.
- The nurse went to the O.R. for the false teeth.
- The girl prepared for her medical with razor, shampoo and powder.
- 6:30 A.M. — “I’m going to bed early tonight”
- Father asked “Do you need *more* money!”
- A student sent Dr. Dillon’s adapter to CSR.
- Two students were under the window after hours.

A NURSE’S PRAYER

*Keep us, O God, from pettiness; let us be large in thought, in word, in deed;
Let us be done with fault-finding and leave off self-seeking,
May we put away all pretense and meet each other without self-pity and without prejudice,
May we never be hasty in judgment and always generous,
Let us take time for all things; make us grow calm, serene and gentle,
Teach us to put into action our better impulses, straightforward and unafraid,
Grant that we may realize it is the little things that create differences; that in the big things of life we are at one,
And may we strive to touch and to know the great common woman’s heart of us all, and,
O Lord God, let us not forget to be kind!*

From the works of Mary Stewart

CAN YOU IMAGINE:—

- RUTH BROWN driving a hearse?
- MARG. CANNING hearing the beginning of a conversation?
- MAUREEN COULTER agreeing with Brownie?
- DONNA CHAMBERLAIN without water?
- FRAN. CURLETTE not complaining?
- BARB. DOBROSHINSKY being noisy?
- NORMA DYKE failing an exam?
- JOY FORD not using the telephone at 3:45 p.m.
- DOT. FRALEIGH being late?
- SANDY FRASER being Dr. Miller’s nurse?
- MARY GUERNSEY speechless?
- BEV. GRANT—a ballet dancer?
- BARB. HARTLEY without an answer?
- DIANNA IVANOFF Head Nurse of Paediatrics?
- EDNA JONES without a giggle?
- MARILYN KELLY with everything?
- KATHY KEENAN without a convertible?
- ADELE LABUS not chewing gum?
- PEGGY LEVERIDGE on time?
- BONNIE LONG—short?
- BEV. MASON not sleeping.
- SHEILA MANUEL fagged out?
- MAUREEN MARTIN without her Irish up?
- CAROLE OSBORNE without “the doctor”?
- JANE PATTON — spinster?
- GERRI QUINN without her kissing cousins?
- MARG. RUSSELL staying in?
- DIANNE SPENCER without her knitting?
- BARB. STACEY stuck on an elevator.
- JEANNIE STONE not afraid of the dark?
- BARB. TURPIN ten years from now?
- AUDREY VAIL without Queen’s?
- DOT. VANDERBENT without a song?

Lecture—Something that can make you feel numb on one end and dumb on the other.

Experience—What causes a person to make new mistakes instead of the same old ones.

Insomnia—What a patient has when he lies awake all night for an hour.

Doctor—A man who tells you if you don’t cut something out, he will.

Mr. H.—“Nurse I’ve got some pain. Can I have two pills?”

Nurse—“Why two?”

Mr. H.—“One for each leg.”

WHAT IS A STUDENT NURSE?

STUDENT NURSES are to be found everywhere; underneath, on top of, running around, jumping over, or slithering past patients' beds. Doctors overlook them, mothers worry about them and patients love them.

A student nurse is courage under a cap, a smile in snowy white, strength in starched skirts, energy that is endless, the best of young womanhood, a modern Florence Nightingale. Just when she is gaining poise and prestige, she drops a glass, breaks a syringe or steps on a doctor's foot.

A student nurse is a composite. She eats like a team of hungry internes and works like the whole nursing staff put together. She has the speed of a gazelle, the strength of an ox, the quickness of a cat and the endurance of a flagpole sitter.

To the head nurse she has the stability of mush, the fleetness of a snail, the mentality of a mule and is held together by starch, adhesive tape and strained nerves. To an alumnus, she will never work as hard, carry more trays, make more beds or scrub on more cases than her predecessors.

A student nurse likes days off, boys her own age, the O.R., affiliations, certain doctors, pretty clothes, her roommate and Mom and Dad. She is not much on working 3-11, days off with classes, alarm clocks, getting up for roll call or eating corn beef every Tuesday.

A student nurse is a wonderful creature. You can criticize her but you can't make her quit. Might as well admit it, whether you are a head nurse, doctor, alumnus or patient, she is your personal representative of the hospital, your living symbol of faith and sympathetic call.

She is judged not by her race or social standards. She is measured by a professional yardstick that measures her ability to make a bed, apply a bandage or sacrifice her time to ease the pain of a patient simply for the satisfaction of a job well done. She is a hard working, determined young girl doing her best for her school and hospital. Whenever she becomes discouraged or the lamp becomes too heavy, she should remember that there is a reward waiting for her because surely some of God's angels wear white caps instead of halos and carry medicine trays instead of harps.

* * *

*At midnight we're up — our lights still on,
A smoke is what we need before dawn,
But try as we might, we never succeed,
We always get caught — so take heed.*

*We laugh, we sing, we play all kinds of games,
Everyone is sure that place won't be the same,
But what else might we do, when on first floor we
are locked,
Because last night we all lost our two o'clock's.*

THE NURSE

*The world grows better year by year,
Because some nurse in her little sphere
Puts on her apron, grins and sings
And keeps on doing the same old things.
Taking the temperatures, giving the pills
To remedy mankind's numberless ills;
Feeding the baby, answering the bells,
Being polite with a heart that rebels.*

*Longing for home and all the while,
Wearing the same old professional smile,
Blessing the new born babe's first breath,
Closing the eyes that are still in death.
Taking the blame for the doctor's mistakes,
Oh dear!, what a lot of patience it takes;
Going off duty at seven o'clock
Tired, discouraged and ready to drop.*

*When we lay down our caps and cross the Bar,
Oh Lord, will you give us just one little star,
To wear in our crowns with our uniforms new
In that city above, where the Head Nurse is You.*

A WEDDING IN THE LAB

PARSON PASCAL OFFICIATED at a quiet little wedding in the lab on Friday, January 13th, when he united in holy matrimony *Florence Flask*, only daughter of Mr. and Mrs. Erlenmeyer Flask, to *Timothy Testtube*, son of Mr. and Mrs. Pyrex Testtube.

The wedding was performed by the light of a Bunsen Burner as the fragrance of ammonia floated through the Lab. They entered to the strains of the "Laboratory Waltz" played on the resonant tuning fork.

The bride was charmingly dressed in an array of clamps, etc., which was topped off by a beautiful 2-holed Cenco stopper and a string of gorax beads hanging about her neck, a gift from the groom.

The maid of honour, *Miss Betty Beaker*, was dressed quaintly with an original copy of the water glass on her head.

Following the ceremony the wedding party returned where a reception was held for twenty guests at the home of the bride's parents.

The decorated table was centered by a three-layer cake composed of many compounds and flanked by flowers in H₂O. A toast of sulphuric acid was made to the bride by *Peter Salt*.

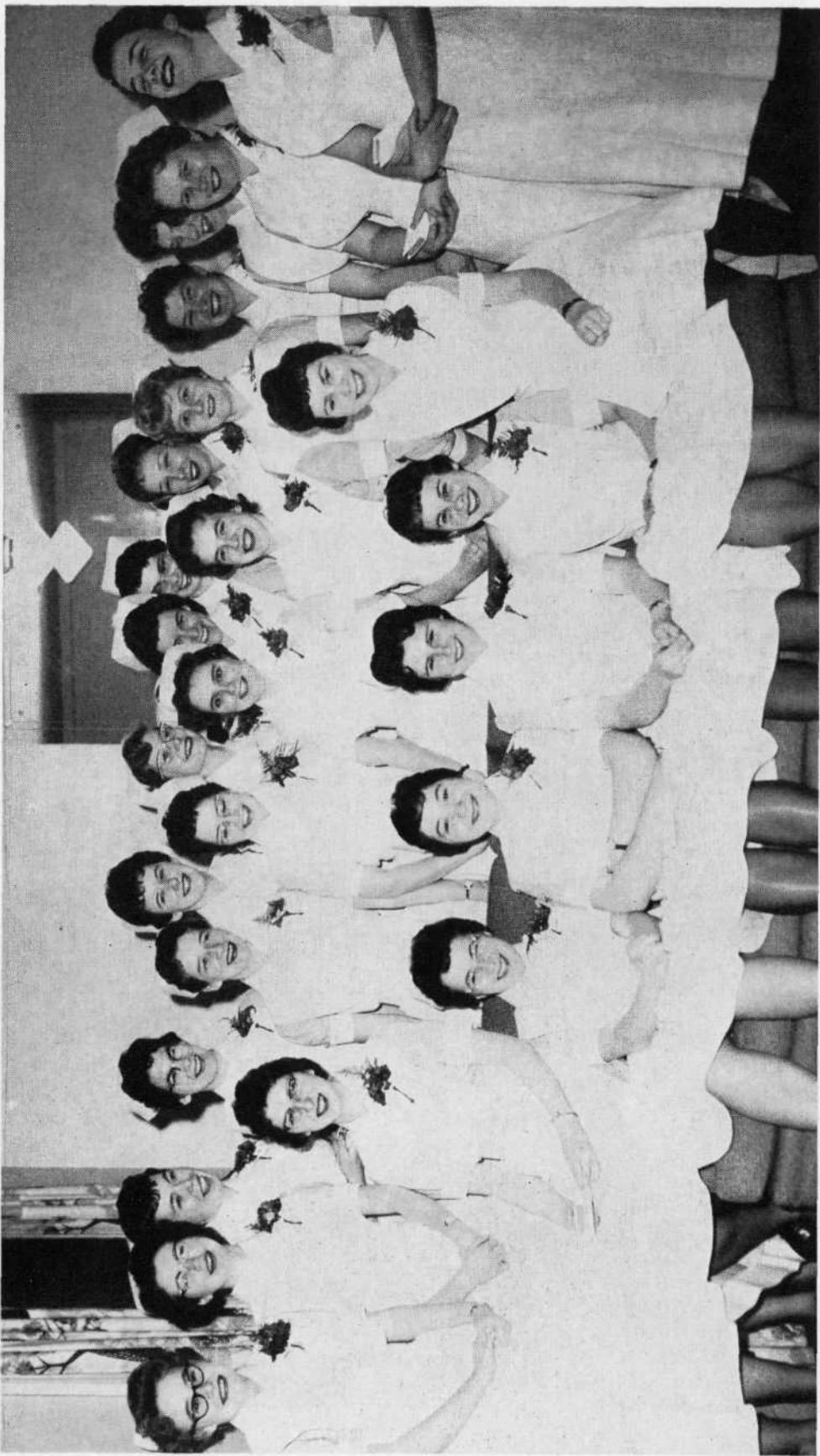
Later in the week a "locker warming party" was held which went "off" with a Great Explosion.

Dedicated to "Roy."

Class of 1961

NAME	NICKNAME	FAVORITE SAYING	PROBABLE DESTINY
JUDITH INNES	Jud	<i>Well I'll be darned.</i>	One man for more than a month.
MARION JOHNSON	Curly	<i>Oh, it makes me so mad.</i>	Private nurse for a student at O.A.C.
MARY KORTE	Dimples	<i>Hey — you kids.</i>	Selling the latest fashions in men's hats.
ANNE KOVACH	Goldilocks	<i>Oh! I don't know.</i>	Babysitting.
CAROLYN MARTIN	Marty	<i>If I had known this before.</i>	Scaling fish and stuffing animals.
GALE McLUHAN	Clue	<i>Larry is going to phone.</i>	A mortgaged home.
MILDRED McNAMARA	Mac	<i>To be or not to be.</i>	Room with someone who hears the alarm.
CAROLE ROBINSON	Robbie	<i>This used to fit me.</i>	Naming her stuffed animals.
ANNE BARNETT	Barney	<i>Oh, is that right.</i>	Polishing Ron's Sprite.
MARY BELL	Stilts	<i>Oh! No!!</i>	Singer for Bill Haley and his comets.
LYNDA CRAWFORD	Crawfi	<i>Not particularly.</i>	The highway man.
FAYE CARROLL	Faisy	<i>Anybody going for a cigarette?</i>	Partner of Dorothy Dix.
GAILE DAFOE	Daffy	<i>I wonder what she wants?</i>	Manager of the Whitby Dunlops.
CATHY GOULD BURN	Goldie	<i>Timmins.</i>	Selling hard hats at Timmins mines.
PEGGY GOWER	Shag	<i>I'll never tell.</i>	Dying her hair red.
MARIE HALLETT	Bo-Diddley	<i>Oh, did you know that?</i>	Editor of the social and personal column for the <i>Whitby Weekly</i> .
DOROTHY HOOPER	Joe	<i>It was just terrific.</i>	Private hairdresser for Evie.
DONNA HARRIS	Harry	<i>Get a load of that.</i>	Putting wheels on miscarriages.
EVELYN HYDE	Evie	<i>Oh for Pete's sake.</i>	An old car.
BARB TAYLOR	The bubble	<i>There's a sale on down town.</i>	Raising little Busters.
JEAN TRIBBLE	Trib	<i>Can I bum a cigarette?</i>	Western University's faithful fan.
AUDREY TIFFIN	Tiff	<i>A farmer I was born and a farmer I will die.</i>	Dusting homeplate for the umpire.
IRENE WYSOTSKI	Y.S.	<i>Already yet.</i>	To marry a man with a common name.
MARY STEVENS	Stevie	<i>Dig them crazy cops.</i>	Waxing turnips at Stevens wayside market.

Class of 1962



ORGANIZATIONS

THE NURSES' CHRISTIAN FELLOWSHIP, a branch of the Inter-Varsity Christian Fellowship, is an interdenominational group of students and graduates who find a common bond of fellowship in the Lord Jesus.

This past year saw 10-20 girls regularly making their way to N.C.F. and enjoying the fellowship found there in the Bible Studies and Prayer as well as the social events throughout the year.

In the coming year, MARY BELL (Class of '61) as President and JOY BRADLEY (Class of '62) as Vice-President will lead the group. MISS LENFESTY and MRS. MESSENT who have faithfully sponsored the group in past years, will continue in this capacity in the future.

WHAT IS A NURSE?

WHAT IS A NURSE? *a sister to all;*
A comforter, helper and guide;
A person whose life is never her own,
'Cause she'll always be there at your side.
WHAT IS A NURSE? *An angel in white,*
The symbol of all that is pure,
The blue cap can cover — but it never can hide
The pain she has to endure.
Not physical pain, but pain deep inside,
For those who lie sick in their beds,
But to them she won't show what her true feelings
are,
Except, by her hands on their heads.
But the touch of her hands can mean so much more
(Like an answer to each of their prayers).
For it proves that there's someone who's thinking of
them
And they know that somebody cares.
And that's an example, but there's still so much more
That could never be told in this verse,
But kindness, and gentleness, sympathy and cheer
Are the qualities that make up a nurse.

From "Davis Nursing Survey"

* * *

CIVIL DEFENCE "ABC"

"A" is for Atom
And if it's let loose
The other two letters
Will be of no use.

* * *

It is not easy—

to apologize, to begin over, to be unselfish, to admit error, to take advice, to be charitable, to be considerate, to keep on trying, to forgive and forget, to keep out of the rut, to make the most of a little, to maintain a high standard, to recognize a silver lining —

But it always pays!

A SMILE

A smile is simply
Something that,
Just grows and flows
From 'way inside;
A light accompanies it too
And glows some more
Each thing you do.
A smile sincere makes others feel
You really care.
And they can tell
If it is something you would
Just as well,
Not do.
For then it is a gesture
With no light from within
It hurts them more
Than if you'd never
Even forced that grin.
So here is a reminder
To smile and do your part
But never, never smile unless
You do it from your heart!

* * *

The spinal column is a collection of bones running up and down your back and keeps you from being legs clean up to your neck.

* * *

The height of bad luck — Sea sickness with lock-jaw.

OSCULATE?

Before I heard the doctors tell
The dangers of a kiss,
I had considered kissing you
The nearest thing to bliss.
But now I know Biology
And sit and sigh and moan,
Six million mad bacteria
And I thought we were alone.

THE CLASS OF '60 AS JUNIORS

We thought it would be a lot of fun
But we are up before the sun,
The Stars of night are still very bright
And Oh! we must look quite a sight
To be going on the wards.

We have a breakfast so they say,
And ten bucks a month is the measly pay.
We make a bed once every morning.
After advancing without warning
On a poor unfortunate patient.

We go to school and have Miss Hill,
Who during Anatomy makes us sit still.
Miss Lenfesty teaches us Health Education
How to protect us from virus invasion,
Which might spread to the brain.

Miss Howard teaches Nursing Arts
How to give enemas and how to do charts.
Miss Vandervoort teaches all the drugs
And how to measure with metal jug
The aqueous solution.

Although they tear our beds apart
And we no longer have the heart
To pull the linen really tight
We sure are grateful for the right . . .
Teaching of the Supervisors.

EDNA JONES

She had insisted on bringing every garment she owned. They arrived at the station loaded with luggage.

"I wish," said the husband thoughtfully, "that we'd brought the piano."

"Now let's not try to be funny," came the frigid reply.

"I'm not trying to be funny," he sadly explained. "I left the tickets on it."

Joy—"Am I the very first girl you've ever kissed?"
Dave—"Absolutely darling, the others were just practice manoeuvres."

Class of 1960—"We always do our hardest work before breakfast."

Supervisors—"What is that?"

Class of 1960—"Getting up."

THE NURSES' "IF"

IF you can do eight hours perpetual motion
And still be fresh as when the day began
IF you can treat a sick man's silly notions
With all the playfulness of Peter Pan;
IF round about you there is a sea of anger
And remain as cool as Everest.
IF in the midst of all the kitchen clamour
You can fill the air with laugh and jest;
IF you can take a score of things on order
And carry through the lot without mistakes;
IF you can be a temperature recorder
When every bone within you seems to ache;
IF you can watch your hands grow rough and horny
And see your hair get straggly at the side;
IF you can feel your feet grow sore and corny
Yet walk the wards as gaily as a bride;
IF you can say when Doctor makes a blunder
That you're the one who should have taken care;
IF you can stand the matron's rage and thunder
Then carry on as if she weren't there;
IF you can hear the girls in business vaunting;
That they have twice your leisure and your pay;
IF you can note their carefree week-end jaunting
And be unenvious of their dates and play;
IF you can do all this and keep your reason
And never feel the urge to kick and curse;
You'll be a lady in and out of season
And what is more, my girl, you'll be a nurse.

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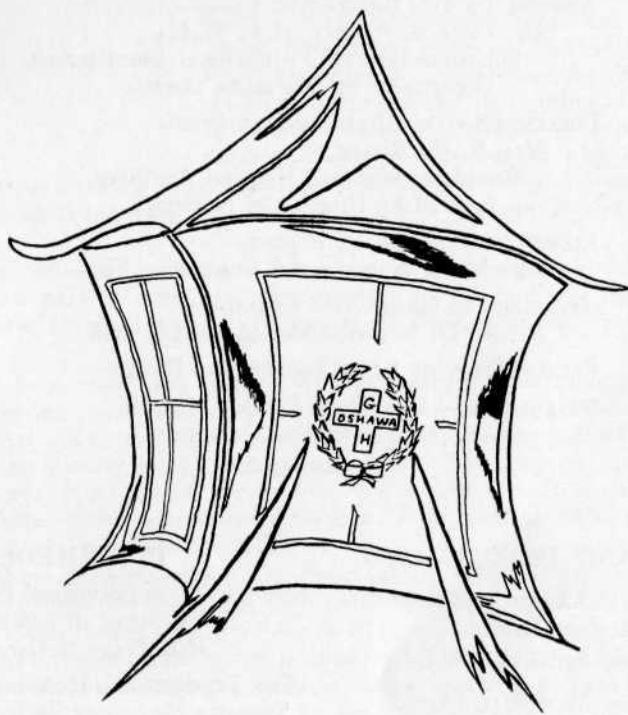
FAREWELL

Now as the last page is turned, and fond memories are once more revived, we wish, in the chapters to come that your dreams become reality and—
"May your heart grow always happier,
May your every path be fair,
And all the finest joys in life,
Forever be your share."

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~~ *GRADUATION* ~~

GRADUATION EXERCISES

FRIDAY, JUNE 3RD, 1960

PROGRAM

PROCESSIONAL—*Mrs. George Fleming*
“O CANADA”

INVOCATION—*The Rev. George Telford, B.A., M.A., D.D.*, St. Andrew's United Church, Oshawa

OPENING ADDRESS—*His Worship Mayor Gifford Chairman, Mr. T. L. Wilson*

ADDRESS TO THE GRADUATING CLASS—
Mr. Clare B. Routley, B.A., M.A.,
Superintendent of Professional Development,
Department of Education, Ontario

PRESENTATION OF DIPLOMAS AND PINS—
Mrs. R. W. Bassett,
President, Women's Hospital Auxiliary,
assisted by Director of Nursing

FLORENCE NICHINGALE PLEDGE—
Director of Nursing and Graduating Class

GREETINGS TO GRADUATING CLASS—
Dr. W. G. McKay, Chief of Medical Staff

PRESENTATION OF SCHOLARSHIPS AND PRIZES

VALEDICTORY—*Miss Ruth Brown*
GOD SAVE THE QUEEN
RECESSATIONAL

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FOR GENERAL PROFICIENCY

Miss Norma Dyke, Jamaica, B.W.I.

THE MAZO WILLIAMS MEMORIAL PRIZE
FOR HIGHEST STANDING IN THEORY

Miss Dorothy Fraleigh, Bloomfield, Ontario

THE CLASS OF 1959 PRIZE FOR EFFICIENCY
IN BEDSIDE NURSING

Miss Joy Ford, Oshawa, Ontario

THE DR. G. L. BIRD PRIZE FOR SURGICAL NURSING
Miss Mary Martin, Sunderland, Ontario

THE DR. W. H. STANLEY PRIZE FOR
OBSTETRICAL NURSING

Miss Ruth Brown, Peterborough, Ontario

THE DR. F. J. RUNDLE PRIZE FOR
SURGICAL TECHNIQUE

Miss Barbara Stacey, Oshawa, Ontario

THE DR. W. G. WATT PRIZE FOR EFFICIENCY
IN PAEDIATRIC NURSING

Miss Beverly Grant, Oshawa, Ontario

INTERMEDIATE YEAR

THE SUPERVISORS' PRIZE FOR HIGHEST
STANDING IN NURSING PROFICIENCY
Miss Peggy Gower, Oshawa, Ontario

THE BUSINESS AND PROFESSIONAL WOMEN'S CLUB OF
OSHAWA PRIZE FOR HIGHEST STANDING IN THEORY
Miss Barbara Taylor, Rexdale, Ontario

THE “BEST FRIEND” PRIZE
Miss Gaile Dafoe, Whitby, Ontario

JUNIOR YEAR

THE ALUMNAE ASSOCIATION, OSHAWA GENERAL
HOSPITAL SCHOOL OF NURSING PRIZE
FOR GENERAL PROFICIENCY
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IN GENERAL PROFICIENCY
Miss Miriam Kosten, Toronto, Ontario

POST GRADUATE STUDY IN NURSING

THE E. A. LOVELL SCHOLARSHIP AWARDS
Miss Mary Terwillegar, Oshawa, Ontario
Miss Beverley Bear, Oshawa, Ontario



Valedictorian

TO-NIGHT, IT IS MY PRIVILEGE to express a few of our thoughts appropriate to this occasion, which will be one of the most memorable during our lifetime.

Is it possible that three long years have nearly passed since we stood on the threshold of a new and so different life? After fond, parting admonitions from our family and friends we passed through the doors of Alexandra House and McLaughlin Hall which have been our homes for the past three years. There we awaited impatiently the meeting of those who would be our fellow students — "Our Class" — a pathetic, frightened group, different in many ways but all with inner sense of dedication

and the same goal to attain, although many times we doubted that we would achieve it. At times, when things went wrong we thought our work had been in vain — perhaps it was all for the best, for we smiled and tried again.

Our joy now is tinged with sadness because today we go forth with our diplomas into the various spheres of nursing and the parallel roads we have travelled for so long are beginning to diverge. We know that whatever success we shall have will come to us because we have performed our duties faithfully and diligently.

Our experiences have been many and varied. We have learned that training does not consist merely of taking temperatures, giving baths and performing the many technical duties. It's singing lullabies to the babies, being a kindred spirit to one mentally disturbed, fluffing up pillows for a sweet-faced grandmother, or just exchanging friendly words with others, all of which can be very stimulating. But there are many glorious moments from which we receive great satisfaction. It is wonderful to see the transition in colour from a deep purple to a normal pink in a "little" patient, or to see the first faltering, but courageous steps of an invalid recovering health.

Happily, we have not travelled this road of learning alone. We are grateful to so many, but most of all to our parents. Only now do we realize their generosity and sacrifices which made possible our three years here. Many times it was only their words of encouragement and their faith in us that kept us going. At times we have caused them great annoyance by our girlish follies but in all these things they have given us their full understanding. We pray that we may repay them in some measure for this cherished love. To Mrs. Telford, we are grateful for her guidance and never failing interest both in our professional and personal lives. To the instructors and all the nursing staff on the wards, we extend thanks for their unfailing care and watchfulness, as well as for the knowledge and many skills we have learned from them. To the doctors we offer a sincere "Thank you" for their patience, kindness and interest, demonstrated both in formal teaching and on the wards. Gratefully we remember the Board of Directors, the Women's Hospital Auxiliary, and the Alumnae Association of the School of Nursing who have been wonderful in giving their whole-hearted support and co-operation in providing for our comfort and happiness during our training.

To the many friends which we have made in this community, we offer thanks for taking us into their hearts and their homes. To the students of the classes who will follow us, we offer encouragement and good wishes for success and happiness in the years which lie ahead. With this graduation they have advanced a step nearer their goal.

With our classmates we have been companions for three years, sharing our disappointments, our joys and our hopes. To-night we are new graduates looking to the future — not as having finished with the past nor as having learned everything there is to know about nursing. May we continue through our lives to be helpful friends as opportunities arise.

It is with sadness and reluctance that we come to the end of our training. As we look to the future with enthusiasm we will do our best to uphold the ideals of our profession and to make this hospital (Our Hospital) proud of us.

RUTH BROWN

Page Twenty-seven

GRADUATION CLASS 1960



RUTH BROWN: Peterborough, Ontario.

FOR ATTITUDE AND EFFICIENCY TOO,
THERE IS NO FINER NURSE THAN
BROWNIE "THAT'S TRUE".



MARGARET CANNING: Oshawa, Ontario.

A CLASSMATE AND TRUE,
WHAT'S MORE A GOOD NURSE TOO.



DONNA CHAMBERLAIN: Oshawa,
Ontario.

A SERIOUS AND DILIGENT WORKER,
DONNA WILL ALWAYS BE A SUCCESS.



MAUREEN COULTER: Lindsay, Ontario.

HAIR OF GOLD, 5'4",
NEED I TELL YOU ANY MORE?



FRANCES CURLETTE: Picton, Ontario.

TO LIVE LONG IT IS NECESSARY TO LIVE
SLOWLY.

BARBARA DOBROSHINSKY: Courtice,
Ontario.

MEEK AND MILD SHE MAY SEEM,
A BETTER FRIEND YOU'VE NEVER SEEN.



NORMA DYKE: Jamaica, West Indies.

FROM WAY DOWN SOUTH CAME THIS
CLEVER LASS,
TO MAKE HER MARK IN 60'S CLASS.



JOY FORD: Oshawa, Ontario.

ALL GOOD THINGS COME IN SMALL
PACKAGES!



DOROTHY FRALEIGH: Bloomfield,
Ontario.

BEHIND HER QUIET AND SERIOUS MAN-
NER,
LIES A HEART OF GOLD.



SANDRA FRASER: Oshawa, Ontario.

SHE THAT MISCHIEF HATCHES,
MISCHIEF CATCHES.



GRADUATION CLASS 1960

GRADUATION CLASS 1960



BEVERLY GRANT: Oshawa, Ontario.

A LITTLE BIT SHY, BUT OH SO KIND,
SHE'LL BE A SUCCESS, WHEREVER HER
PATH MAY WIND.



MARY GUERNSEY: Bloomfield, Ontario.

WELL THOUGHT OF BY PATIENTS AND
STAFF ALIKE,
SHE'S HYPER TO ALL THAT'S FULL OF
LIFE.



BARBARA HARTLEY: Oshawa, Ontario.

THIS GIRL WITH HER WITTY REMARKS,
PLANS TO TAKE OFF FOR DISTANT
PARTS.



DIANNA IVANOFF: Oshawa, Ontario.

WITH HELPING AND CHEERY HEART,
SHE'S ALWAYS READY TO DO HER PART.



EDNA JONES: Oshawa, Ontario.

IN OUR MOMENTS OF GREATEST GRIEF,
HER LAUGHTER ALWAYS BRINGS RE-
LIEF.

KATHLEEN KEENAN: Oshawa, Ontario.

KATHY HAS A RADIANT SMILE,
YOU'LL FIND IT THERE ALL THE WHILE.



MARYLIN KELLY: Oshawa, Ontario.

WITH TRESSES LONG AND A READY
SONG,
THAT'S KELLY.



GRADUATION CLASS 1960

ADELE LABUS: Oshawa, Ontario.

A GIRL OF HIGH SPIRITS AND Rarin' TO
GO,
SHE LIKES CONVERTIBLES LONG AND
LOW.



PEGGY LEVERIDGE: Ajax, Ontario.

A FULL CONTENT DWELLS ON HER
FACE,
SHE'S IN LOVE WITH THE HUMAN RACE.



BONNIE LONG: Oshawa, Ontario.

EFFICIENT BONNIE, COMES AT THE
FIRST RING,
A GRACIOUS QUEEN FOR THE RIGHT
"KING".





GRADUATION CLASS 1960



SHEILA MANUEL: Oshawa, Ontario.

HER FRIENDS ARE MANY, GOOD AND
TRUE,
BUT ALWAYS SHE HAS ROOM FOR YOU.



MAUREEN MARTIN: Sunderland, Ontario.

WHAT WISDOM CAN YOU FIND GREATER
THAN KINDNESS!



BEVERLY MASON: Picton, Ontario.

ONE OF THE GIRLS FROM PICTON
TOWN,
SHE'S SELDOM UP BUT SHE'S NEVER
DOWN.



CAROLE OSBORNE: Belleville, Ontario.

IT IS BETTER TO BE SHORT AND SHINE,
THAN TO BE TALL AND CAST A SHADOW.



JANE PATTON: Cobourg, Ontario.

SMALL IN STATURE, GREAT IN GUILE,
MISCHIEF LURKS IN EVERY SMILE.

GERALDINE QUINN: Toronto, Ontario.

A SERIOUS MIND,
A KINDER NURSE YOU'LL NEVER FIND.



MARGARET RUSSELL: Ajax, Ontario.

AT WORK, QUIET AND DEMURE,
OUTSIDE, DON'T BE TOO SURE.



GRADUATION CLASS 1960

DIANE SPENCER: Oshawa, Ontario.

NOT TOO THIN, NOT TOO FAT,
THE KIND THE FELLOWS WHISTLE AT.



BARBARA STACEY: Oshawa, Ontario.

AND STILL WE GAZED, AND STILL THE
WONDER GREW,
THAT ONE SMALL HEAD COULD CARRY
ALL SHE KNEW.



GEORGINA STONE: Oshawa, Ontario.

A QUIET GAL SHE SEEMS TO BE,
BUT THAT'S JUDGING ONLY FROM WHAT
WE SEE.



GRADUATION CLASS 1960



BARBARA TURPIN: Bloomfield, Ontario.

NOT TOO SHY, NOT TOO BOLD,
OUR TURP HAS A HEART OF GOLD.



AUDREY VAIL: Oshawa, Ontario.

ALWAYS WITH A LETTER FROM FAR AWAY
SAM'S A TRUE FRIEND, WE'LL ALWAYS SAY.



DOROTHY VAN DER BENT: Richmond Hill, Ontario.

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WITHOUT A SMILE FROM VAN DER BENT.

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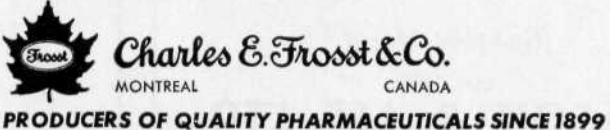
*"It would be interesting,
Members of the Graduating Class,
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"YOU will be better women for the life which you have led here. But what I mean by 'better women' is that the eyes of your souls have been opened, the range of your sympathies has been widened, and your characters have been moulded by the events in which you have been participators during the past years.

"Practically there should be for each of you a busy, useful, and happy life; more you cannot expect; a greater blessing the world cannot bestow. Busy you will certainly be, as the demand is great, both in private and public, for women with your training. Useful your lives must be, as you will care for those who cannot care for themselves, and who need about them, in the day of tribulation, gentle hands and tender hearts. And happy lives shall be yours, because busy and useful; having been initiated into the great secret — that happiness lies in the absorption in some vocation which satisfies the soul; that we are here to add what we can *to*, not to get what we can *from*, life."

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